

Fun Fruit and Veggie Event

Student Survey (5-12)

Grade _____

Student Identification Number _____

Pre _____ Post _____

We want you to tell us what you know about healthful eating.

Please bubble your answer ●

1. Eating fruits and vegetables can help lower your chances of getting heart disease or cancer.

- True
- False
- I don't know

2. Fruits and vegetables that are high in Vitamin A are _____ in color.

- Red and white
- Blue and light brown
- Yellow-orange and dark green
- Brown and purple
- I don't know

3. Almost all fruits and vegetables contain a lot of vitamins and _____.

- Protein
- Fiber
- Cholesterol
- Fat
- I don't know

4. Which of the following is **one** serving of fruit?

- ½ cup of 100% fruit juice
- 1 cup raisins
- ½ of a grapefruit
- 1 medium orange
- I don't know

5. Fruits and vegetables, like apples and pears, are best when eaten with the peel because that is where most of the fiber and antioxidants are.

- True
- False
- I don't know

6. How much do you like fruits and vegetables?

Please bubble your answer •

	I like this a lot	I like this a little	I do not like this	I have never tasted it	I don't know what this is
Acorn Squash	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asparagus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avocados	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bean Sprouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brussels Sprouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cabbage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cauliflower	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Celery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooked Greens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cucumbers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggplant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green Beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kohlrabi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lettuce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mushrooms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peppers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pumpkins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Radishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rutabagas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet Potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turnips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Zucchini	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apples	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apricots	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bananas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blueberries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	I like this a lot	I like this a little	I do not like this	I have never tasted it	I don't know what this is
Cantaloupe	O	O	O	O	O
Cherries	O	O	O	O	O
Cranberries	O	O	O	O	O
Craisins (dried cranberries)	O	O	O	O	O
Dried Plum	O	O	O	O	O
Grapes	O	O	O	O	O
Grapefruit	O	O	O	O	O
Honeydew Melon	O	O	O	O	O
Kiwi	O	O	O	O	O
Nectarines	O	O	O	O	O
Oranges	O	O	O	O	O
Peaches	O	O	O	O	O
Pears	O	O	O	O	O
Pomegranates	O	O	O	O	O
Raisins	O	O	O	O	O
Strawberries	O	O	O	O	O
Tangerines	O	O	O	O	O
Watermelon	O	O	O	O	O

Please bubble your answer ●

7. For breakfast, I think I can...	I agree very much	I agree a little	I am not sure	I disagree a little	I disagree very much
A. drink a glass of my favorite juice	O	O	O	O	O
B. add fruit to my cereal	O	O	O	O	O
8. For lunch at school, I think I can...	I agree very much	I agree a little	I am not sure	I disagree a little	I disagree very much
A. eat a vegetable that's served	O	O	O	O	O
B. eat a fruit that's served	O	O	O	O	O

9. For lunch at home I think I can...	I agree very much	I agree a little	I am not sure	I disagree a little	I disagree very much	
A. eat carrots or celery sticks instead of chips	<input type="radio"/>					
B. eat my favorite fruit instead of my usual dessert	<input type="radio"/>					
10. For a snack I think I can choose...	I agree very much	I agree a little	I am not sure	I disagree a little	I disagree very much	
A. my favorite fruit instead of my favorite cookie	<input type="radio"/>					
B. my favorite fruit instead of my favorite candy bar	<input type="radio"/>					
C. my favorite raw vegetable instead of my favorite candy bar	<input type="radio"/>					
D. my favorite raw vegetable instead of chips	<input type="radio"/>					
11. For dinner I think I can...	I agree very much	I agree a little	I am not sure	I disagree a little	I disagree very much	
A. eat a servings of vegetables	<input type="radio"/>					
B. eat my favorite fruit instead of my usual dessert	<input type="radio"/>					
During the past 24 hours (yesterday), how many times did you...						
12. Drink 100% fruit juice, such as orange, apple, or grape?	<input type="radio"/>					
13. Eat fruit? (Do not count fruit juices.)	<input type="radio"/>					
14. Eat vegetables? (Include salad and non-fried potatoes)	<input type="radio"/>					

15. How old are you? _____

16. Are you Boy
 Girl